



# FREE YOURSELF FROM TOBACCO

## Living Tobacco-Free Program

### Join Others to Quit For Good

There's power in numbers! Stay focused and motivated by connecting with others who share your goals. Open to anyone wanting to quit tobacco, struggling with relapses, or interested in helping others quit.

The Living Tobacco-Free Program is made possible by a generous grant from the Muckleshoot Indian Tribe.

### FREE WEEKLY SUPPORT GROUP

Our trained facilitator guides you through the process of quitting and staying quit for life. Attend a weekly support group while preparing to quit and for one year after your final quit date to achieve the highest degree of success! No age limit, children are welcome. For location directions contact the Y Program Coordinator.

Auburn Regional Medical Center, 202 North Division St.  
2<sup>nd</sup> floor Heart Care Center Classroom  
Wednesdays, 6-7 p.m.  
Drop-ins welcome

### FREE ACCELERATE YOUR QUIT WORKSHOPS

This 3-hour workshop moves tobacco users from the mindset of "I should quit" to "I will quit." For anyone in their first year of quitting, this program provides cutting-edge resources, hands-on activities, practical steps and a personalized Quit Plan ready to put into action. Contact the Y Program Coordinator to register.

Auburn Valley YMCA, 1620 Perimeter Road SW  
2011: March 26, May 21, July 16, Sept. 17, Nov. 19  
2012: Jan. 14  
12:30-3:30 p.m.  
Registration required



### AUBURN VALLEY YMCA

Heidi Henson, Program Coordinator  
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**Everyone is welcome. Financial assistance is available.** The YMCA of Greater Seattle strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility.